

SUPPORT GROUPS FOR CLIENTS

ADAPT Group Calendar – Summer 2022

AD PHASE ONE

Ongoing

The group covers 6 weeks of psycho-educational seminars related to substance use, change and relevant lifestyle issues. Seminars include handouts and group discussions.

In order to complete and move onto Phase 2 or 3, client needs to attend 5 of 6 sessions consecutively.

WHEN:

Wednesdays, 6:30pm-8pm, Britney & Courtney

Thursdays, 1:30pm-3pm, Tim and Alex O.

Thursdays, 6:30pm-8pm, Corrie and Elizabeth

Email group facilitators.

AD Harm Reduction Drop-In Group

Ongoing

This group is open to clients as well as people in the Halton community who are interested in learning more about alcohol and substance use and would like to explore strategies to reduce harm associated with alcohol and substance use.

WHEN:

Wednesdays, 1:30pm-2:30pm, Corrie, Elizabeth and Andrew W. (rotating)

Wednesdays, 6:30pm-7:30pm Andrew W. and Jenn B.

[DAY - S:\Virtual Group Interest List→ADULT-PHASE PROGRAMS→Harm Reduction Drop In Group](#)

[EVENING - S:\Virtual Group Interest List→ADULT-PHASE PROGRAMS→Harm Reduction Drop In Group](#)

Add client information to wait list or email group facilitators.

UNDERSTANDING GROUP CODES:

AD-Adult based programs (25+ years of age)

CD-Concurrent Disorders based programs

CWMS-Community Withdrawal Management based programs

FAM-Family based programs (other codes attached relate to the loved one's specific addiction or age)

OP-Opioid based programs

PGBA- Gambling or behavioral based programs (16+years of age)

TAY-Transitional Aged Youth (16-24 years of age)

YTH-Youth based programs (24 years of age and under)

 -ONGOING GROUP- Open group where clients are able to enter into group at any time

CLOSED GROUP-Specific dates and requirements in order for clients to attend.

AD CONTINUING CARE (Formerly Phase Three)

Ongoing with Requirements

Clients are required to be abstinent (but there is no minimum amount of abstinence time needed) as it focuses on SMART Goal setting in relation to sober living and coping with the challenges of early recovery. It is a bi-weekly process group to provide support and feedback as clients work on their main goal of abstinence, as well as other personal goals they have set out for themselves. Client must have completed Phase one or a residential treatment program. Client needs to be stable, demonstrate regular attendance in previous groups, and have a goal of abstinence. The group runs bi-weekly for 7 sessions.

WHEN:

Tuesdays, 6:30pm-7:30pm (biweekly), Tim and Mackenzie

[EVENING: S:\Virtual Group Interest List→ADULT-PHASE PROGRAMS→Continuing Care Group-EVENING](#)

ALL Mindfulness Group

Ongoing

Mindfulness and meditation can help with concerns related to addiction, mental health and chronic pain? By learning how to increase our awareness of what is happening in the present moment - without judging our experience - we can gradually learn to cope better with cravings, pain, anxiety and stress.

WHEN:

Mondays, 1:00pm-2:0pm, Naome and Andrew

[S:Virtual Group Interest List](#)→[OPIOID](#)→[Virtual Mindfulness Drop In](#)

*Send client information to
facilitator(s):nhowe@haltonadapt.org*

CD Health & Hope 1

Ongoing

Health and Hope is an 8 week psycho-educational support group for people who experience difficulties with both a mental health issue and substance use concern. Topics include Stages of Change, Mental Health and Addiction information, Introduction to CBT and DBT, Relapse Prevention, Emotional Health Groups facilitated by ADAPT staff, and community partners at JBMH, Halton Healthcare, CMHA and North Halton Mental Health Clinic.

WHEN:

Mondays, 11:00am-12:30pm, Anna and Sarah N.

[S:Virtual Group Interest List](#)→[CONCURRENT DISORDERS](#)→[Health and Hope 1](#)

*Please email referrals to Sarah N.
snicol@haltonadapt.org*

CWMS Early Recovery - Coping Skills (Wed) and Take Time Fridays Group (Fri) Ongoing

These groups support people in the Halton community who are looking at examining their use. Whether they have already made changes or are looking at options this group will be a great support. The coping skills groups, teach healthy coping skills and tools during early stages of acute and post-acute withdrawal. Topics include: Understanding Addiction, Managing Triggers, Cravings, Managing Withdrawal, PAWS, Warning Signs, Structure, Emotions, Communication, Refusal Skills, Healthy Thinking, Self-Care, Managing Anxiety and more.

WHEN:

Wednesdays, 12:00pm-1:00pm, Priya C, Sarah H. and Joanne (rotating)

Wednesdays, 6:30pm to 7:30pm, Steve T, Michael C. and volunteers

Fridays, 10:30am-12:00pm, Rissah L

*Send client information to
facilitator(s):pchauhan@haltonadapt.org*

CD Health and Hope 2

Ongoing

An abstinence and harm reduction process group for any client who has completed Health and Hope 1 and is looking for ongoing support for their concurrent disorder. For referrals to this group please contact the group facilitators.

WHEN:

Wednesdays (Burl/Geo), 1:30pm-3:00pm, Philippa and Robert
Thursdays (Oak), 2:30pm-4:00pm, Sean and Asim (CMHA)

*Fill out referral form and send to facilitator(s).
pmccaffrey@haltonadapt.org, smcquarrie@haltonadapt.org*

CD DBT Skills Group (5 Weeks)

Closed

DBT Skills Group is to enhance client's capabilities by teaching them cognitive-behavioral skills in the areas of Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness. The group is 5 weeks, clients are taught new skills each week and expected to make commitment to practice skills and review in group.

WHEN:

Tuesday March 29th, 1pm-2:30pm, Brittney and Sarah N.

[S:Virtual Group Interest List](#)→[CONCURRENT DISORDERS](#)→[5 Week DBT Skills Group - January 2022](#)

Add client information to wait list.

YTH/CD Distress Tolerance Group

Closed (Youth 15-25)

This group is run in collaboration with Joseph Brant Hospital through their Youth Early Intervention (YEI) program
Closed Group for youth 15-24 years of age.

This 5-week group empowers youth, ages 15-24, to learn and apply DBT's mindfulness and distress tolerance skills to aid in their ability to effectively manage distressing situations.

WHEN & WHERE:

Tuesdays, 4:00pm-6:00pm

Joseph Brant Hospital (currently online via Zoom)

*Please request referral form from Jacqueline
jbast@haltonadapt.org*

YTH-HH Just Be You Lite Ongoing (Youth 15-25)

This group is run through the Halton Hills Collaborative Social Recreation and Peer Support. Just Be You is a drop-in group that is designed for individuals in Halton Hills. It is intended for youth 15-24 to connect with peer support and social recreation. It allows opportunity for youth build connections in a fun, laid-back environment. Through this judgment free zone youth are encouraged to learn coping and resiliency skills as well as find new resources. This group is led in partnership with Support and Housing Halton.

WHEN & WHERE:

Thursdays, 7:30pm-9:30pm, Joanne
Acton - Off The Wall Youth Centre (currently through a virtual model)

*Please send client information to Joanne to
register. jmarkus@haltonadapt.org*

YTH Social Corner - Drop-In Process Group Ongoing (Youth 16-24)

This Open group is to help youth build connections within their community through healthy activities and discussions. It is open to youth within any point of the continuum of use. It is based on the Resiliency theory assisting to build and empower the youth. To do this youth are encouraged to voice what they feel will be helpful to them in a way to guide the topics for the following weeks.

WHEN:

Wednesdays, 4:30pm-6:00pm, Lisa and Anthony

Please send client information (name, phone, email and city they live in) to: Lisa Imaucieri@haltonadapt.org or Kayla. KLarochelle@haltonadapt.org>

YTH-KTD Know the DEAL

Closed - 7 weeks

Know the Deal is 7 sessions for 1-1 delivery, 1 week in schools (three 2 hour sessions), and 5 sessions in hospital and specialized school programs. It is offered to youth who are at risk of using substances, or are in the beginning stages of use. The group supplies youth with reliable and factual information around substances so they can make a healthy informed decision around their use.

WHEN & WHERE:

TBD - ADAPT, Schools and Treatment Centers
Currently offered virtually.

Please send client information to Nikki to register. nbakker@haltonadapt.org

YTH Art Engagement Group

Closed - Weekly - 4 sessions

It is open to 9 youth or adults under 30. It is 4 sessions long, runs biweekly, and as all groups we hope that they can attend all sessions. The materials for the groups will be provided before week one. Again all materials are provided from the dollar store with the intent they will be able to recreate the projects on their own.

WHEN:

TBD. (weekly for 4 weeks)

[S:\Virtual Group Interest List→YOUTH→Art Engagement Group Forms](#)

Please send consent and referral forms to Kathleen or Hayley to register, kkelly@haltonadapt.org, hquinton@haltonadapt.org

AD/PGBA Early Recovery Group

6 Week Closed Group

This 6-week psychoeducational group is designed for clients with problem gambling and behavioral addictions to provide them with introductory information and skills. The goal is to help clients learn basic skills for coping in the early stages of recovery to help them manage their urges, cravings, and potential relapses. Commitment of at least 6 weeks.

WHEN:

Tuesdays, June 14th-July 19th -630pm -730pm

Send client information (name, client #, phone, and email), reason for the referral, substance/addiction of choice and preferred group day/time to Alainna to register. aschoenfeld@haltonadapt.org or 905-334-1635

PGBA PG Day Treatment

5 Day Closed Group

This 5 day intensive program runs Monday-Friday 9:00-3:00pm each day. It is open to all residents in Ontario who identify gambling as a concern. External agencies and professionals can refer participants in using the referral package. The program is free to attend. We encourage participants in any stage of change to attend and establish a solid foundation for ongoing recovery. This program is intensive and requires a full 5 day commitment; please contact program coordinator to discuss options if you require time off from work. Client must have access to a laptop/computer, stable internet, video and microphone.

WHEN:

July 11th -July 15th, , TBD

August 8th-August 12th, Scott

September 12-16th, Scott

[S:\Virtual Group Interest List→Problem Gambling and Behavioural-->Problem Gambling Day Treatment-->Virtual Day Treatment Referral Package 2020 ADAPT Staff](#)

Please send referral form to TBD. to register.

AD/PGBA Gambling Aftercare Group

6 Week Closed Group

Abstinence based Group (3 month Abstinence period to enter).

WHEN:

Tuesdays June 14th-July 19th, 6:00pm-7:30pm

Please send client information and reason for referral to Alainna to register. aschoenfeld@haltonadapt.org or 905-334-1635

ADAPT FAMILY & FRIENDS Group Calendar - Summer 2022

SUPPORT GROUPS FOR FAMILIES & FRIENDS

FAM-CD Concurrent Disorders Family Processing Group

Ongoing

Workshop for families who are supporting a loved one living with a concurrent disorder. Group provides education about concurrent disorders recovery and the impact on family. Group teaches ways to better support a loved one as well as coping strategies and self-care for family members. Open to clients of ADAPT.

WHEN:

Tuesdays, 2:00pm-3:30pm, Anna and Philippa

Tuesday, 6:30pm-8:00pm, Sean and Robert

[S:\Virtual Group Interest List→CONCURRENT DISORDERS→Family Process Group Wait list](#)

Add client information and preferred day/time to wait list.

FAM-YTH Parent Education Group Closed Group-(Caregivers of 16-24 year olds)

Parent Education Group is an educational group designed for individuals and couples who are parenting teens that are using drugs and/ or alcohol. Its goal is to provide caregivers with a greater understanding of issues related to youth and substance use. It aims to also provide strategies to help in supporting the family at dealing with these issues. Topics will include: adolescent development, the role of drugs/ alcohol in meeting the needs of youth, how substance use problems can develop, drug and alcohol education, stages of change and motivating youth towards change, communication skills, developing consequences and boundaries

WHEN:

P.E.G. runs once a week for 5 weeks. New members may not join after the first week.

June 28th- July 26th , 6:00pm-8:00pm , Julia

August 2nd- August 30th , 6:00pm -8:00pm , Udeshi

September 6th -October 4th - 6:00pm -8:00pm Udeshi

[S:\Virtual Group Interest List→YOUTH→PEG WORKBOOK - Shortcut](#)

Please call intake or send client information to Julia to register. jsormaz@haltonadapt.org

FAM-OP Family Member & Significant Other Psycho-Educational Group Closed

A closed 6 week group that rotates to learn about opioids & opioid addiction, including withdrawal and overdose. Understand what it means to love within limits. Learn about harm reduction and opioid treatment options. Hear from guest with lived experience about their journey

WHEN:

Tuesdays, 6:30pm-8:00pm (bi-weekly), Alex and Heather R.

[S:\Virtual Group Interest List\OPIOID\Virtual F&F group.xlsx](#)

Add client information to sign up sheet.